

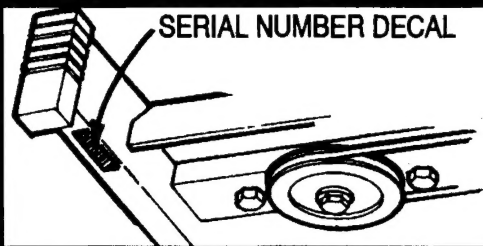
# XC5 SERIES AUTO INCLINE SKI SIMULATOR

MODEL NO. XC5

SERIAL NO.

SKU NO. 354.29062-1

Write model and serial number in the space above for reference.



## WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL

MODEL NUMBER of this UNIT

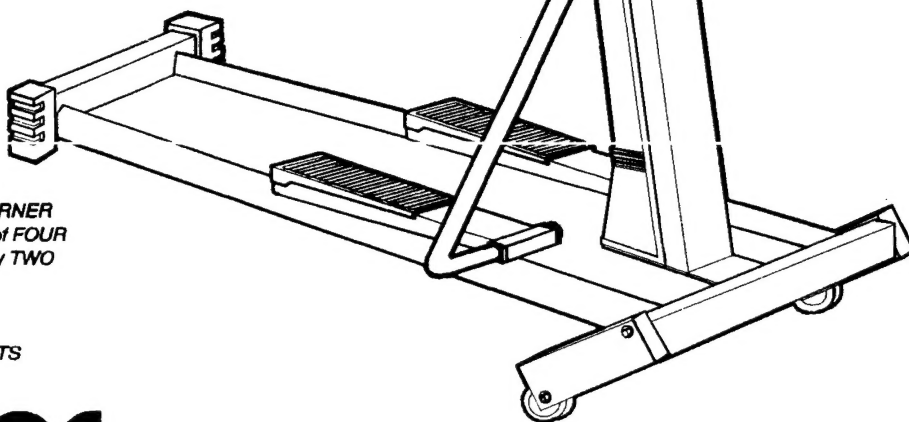
PART NAME or DESCRIPTION

ORDERING NUMBER

THE QUANTITY of each part that you need

THE MODEL NUMBER of this unit can be found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS, or a NUMBER preceded by TWO LETTERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.



## weider OWNER'S MANUAL

MADE IN CANADA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

**IMPORTANT NOTICE: "Because of moving parts on the underside of the skier, this unit should be used on a non-carpeted surface to prevent damage to carpets."**

WEIDER SPORTS INC.

21100 Erwin Street, Woodland Hills, CA. 91367 USA

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Check the tension of the step linking cable and adjust out excessive slack if it occurs. Do not overtighten as this cable does not need to be drum tight.
6. Before beginning exercise insure that the "V" roller wheel of the foot plate is astride the "V" rail of the base plate.
7. Keep small children away from this equipment during use.

**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

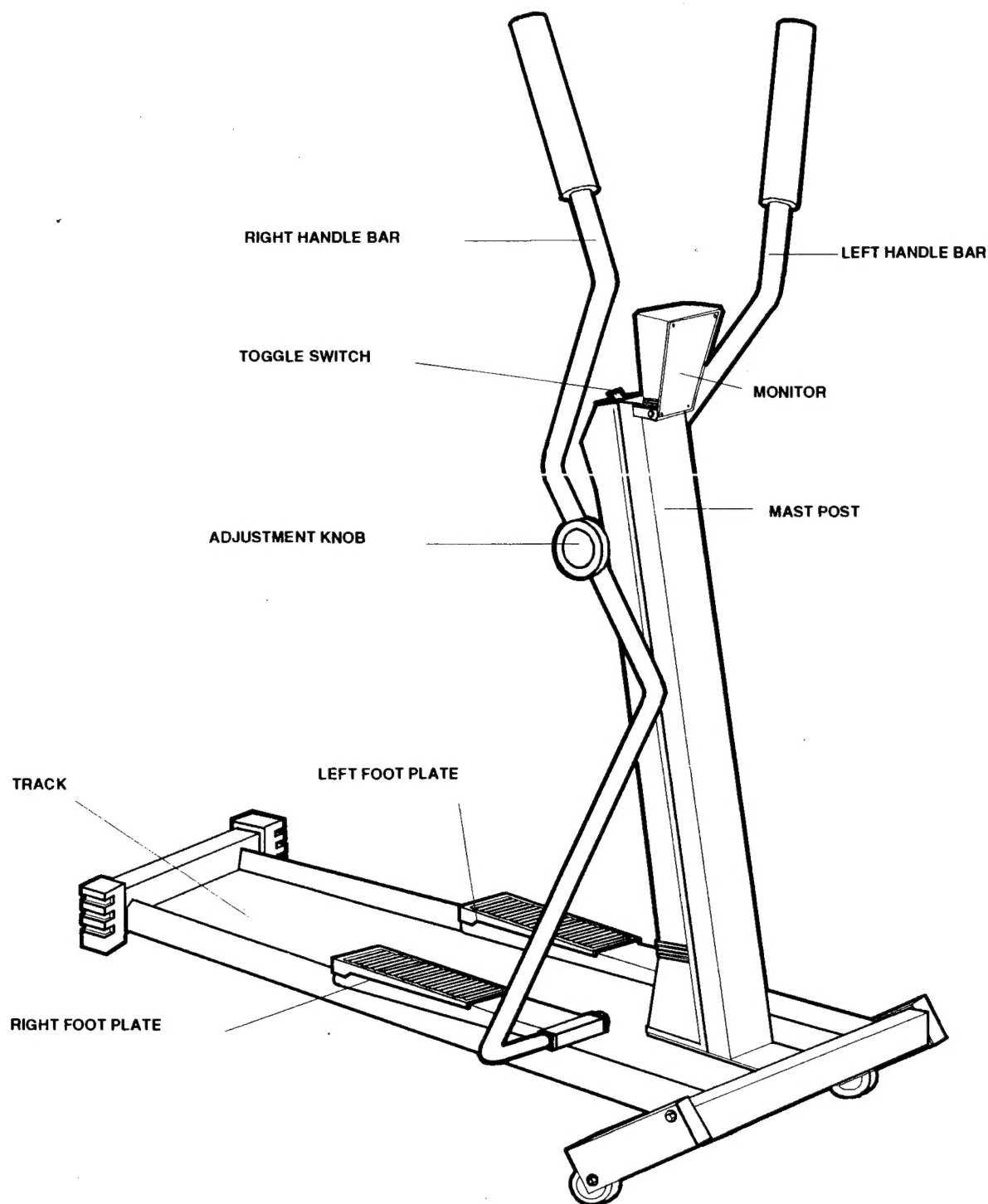
**SAVE THESE INSTRUCTIONS**

## INTRODUCTION

Thank you for choosing the Weider XC5, AUTO INCLINE SKI SIMULATOR. Your XC5 SKI SIMULATOR is designed and engineered to give you many hours of aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the XC5 SKI SIMULATOR. In addition to assembly instructions it also contains conditioning guides, maintenance tips, and parts information.

Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



# XC5 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	TRACK	1	C4116-F52*F52
2	MAST POST	1	C4117-F52*F52
3	AUTO INCLINE CYLINDER	1	ZZ-0009*F52
4	FRONT FRAME	1	C4118-F52*F52
5	3" BASE WHEEL	2	AA-8231*F52
6	PULLEY "U" BRACKET	1	C6757-F14*F52
7	"L" BRACKET	2	C6809-F49*F52
8	FOOT PLATE - RIGHT	1	C4119-F49*F52
9	FOOT PLATE - LEFT	1	C4120-F49*F52
10	"V" ROLLER	2	AA-8199*F52
11	FOOT PLATE COVER	2	AA-8195*F52
12	HANDLE BAR - RIGHT	1	C6824-F14*F52
13	HANDLE BAR - LEFT	1	C6825-F14*F52
14	FOAM GRIP - 1 1/2" X 5"	2	C0439-D19*F52
15	COMPOSITE FRICTION PAD	2	AA-8198*F52
17	ELECTRONICS HOUSING	1	C0840-F52*F52
18	RELEASE MECHANISM CABLE	1	C6646-F52*F52
19	INCLINE CYLINDER TRIGGER RELEASE MECHANISM	1	AA-8232*F52
20	PLASTIC SHROUD	1	C0625-F52*F52
21	TRIGGER ACTUATOR THREADED BUSHING	1	HH-5481*F52
22	ELECTRONICS MONITOR BRACKET	1	C6976-F52*F52
23	TOGGLE SWITCH	1	C0626-F52*F52
25	CABLE - FRONT TRACK - 51"	1	C6644-F52*F52
26	CABLE - REAR TRACK - 47"	1	C6645-F52*F52
29	PULLEY - 4 1/2"	2	AA-8122*F52
30	5/16" X 1 3/4" HEX HEAD BOLT	2	HH-5301*F52
31	5/16" X 3/4" HEX HEAD BOLT	1	HH-5245*F52
32	5/16" X 2 1/2" HEX HEAD BOLT	1	HH-5053*F52
33	5/16" X 1" ROUND HEAD MACHINE SCREW	2	HH-5476*F52
34	5/16" X 5 1/4" CARRIAGE BOLT	1	HH-5479*F52
35	5/16" FLAT WASHER	6	HH-5127*F52
36	5/16" NYLON LOCK NUT	5	HH-5012*F52
37	5/16" LOCK WASHER	1	HH-5095*F52
38	5/16" STAR WASHER	2	HH-5480*F52
40	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*F52
41	3/8" X 2 1/4" HEX HEAD BOLT	4	HH-5061*F52
42	3/8" X 4 1/2" HEX HEAD BOLT	2	HH-5363*F52
43	3/8" X 8" TAPERED HEAD BOLT	1	HH-5445*F52
44 A	3/8" X 2" HEX HEAD BOLT	1	HH-5244*F52
44	3/8" FLAT WASHER	7	

## XC5 PART LIST

AA-8203

## ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

**1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.**

**2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.**

**3. Before ordering parts by phone have ready the following information to expedite your order:**

- a. Name of the product (SKIMASTER, OR ELITE SKIMASTER, OR LIFESTLYER).
- b. Model number of product (XC5, OR XC5E, OR 29062)
- c. Serial number of the product located on a decal on the frame  
(See drawing on front cover for the location of this decal.)
- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

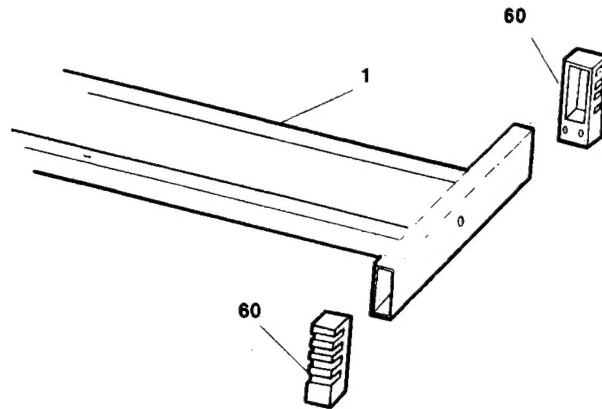
Weider Sporting Goods  
Parts Service Department  
900 West St. John Street  
Olney, Illinois 62450

**STEP 1 RUBBER FEET ASSEMBLY**

PART NAME	QTY
60 RUBBER FEET	2

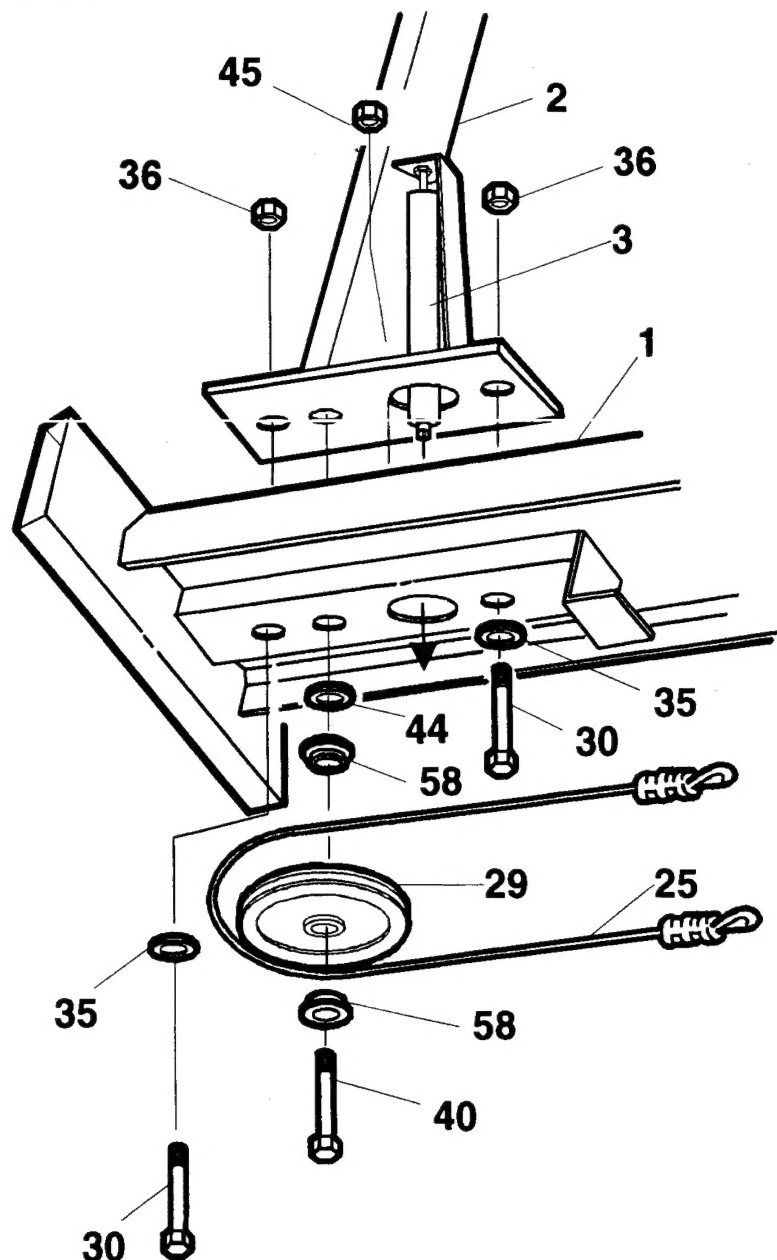
» **NOTE:** The RUBBER FEET (60) have a large bottom portion. This side should be assembled toward the floor.

- ☐ Press RUBBER FEET (60) onto only the rear end of the TRACK (1) frame.

**STEP 2 MAST & PULLEY ASSEMBLY**

PART NAME	QTY
30 5/16" X 1 3/4" HEX HEAD BOLT	2
35 5/16" FLAT WASHER	2
36 5/16" NYLON LOCK NUT	2
40 3/8" X 2 1/2" HEX HEAD BOLT	1
44 3/8" FLAT WASHER	1
45 3/8" NYLON LOCK NUT	1
58 3/8" I.D. PULLEY BUSHING	2

- ☐ Lay MAST POST (2) and the TRACK (1) on their side and position so that the bottom of the AUTO INCLINE CYLINDER (3) inserts through the access hole in the Track and angles to the rear.
- ☐ Assemble the MAST POST (2) to the TRACK (1) by assembling 5/16" FLAT WASHERS (35) onto two 5/16" X 1 3/4" HEX HEAD BOLTS (30) and bolting up through the bottom of the Track and then through the bracket of the Mast Post. Secure with 5/16" NYLON LOCK NUTS (36). **NOTE:** Bolts must be inserted up from the bottom for Pulley clearance.
- ☐ Fit a 3/8" I.D. PULLEY BUSHING (58) into each side of a PULLEY (29).
- ☐ Fit the 51" FRONT TRACK CABLE (25) into the PULLEY (29) and assemble the Pulley and Cable to the bottom of the TRACK (1) bed between the two previously assembled Bolts. Assemble a 3/8" FLAT WASHER (44) onto a 3/8" X 2 1/2" HEX HEAD BOLT (40) and bolt up through the bottom of the Track and into the bracket of the MAST POST (2). Secure with a 3/8" NYLON LOCK NUT (45). **NOTE:** The Nylon Lock Nut is accessed through a cut-out at the base of the Mast. **THIS MUST BE BOLTED UP FROM THE BOTTOM OF THE TRACK.**

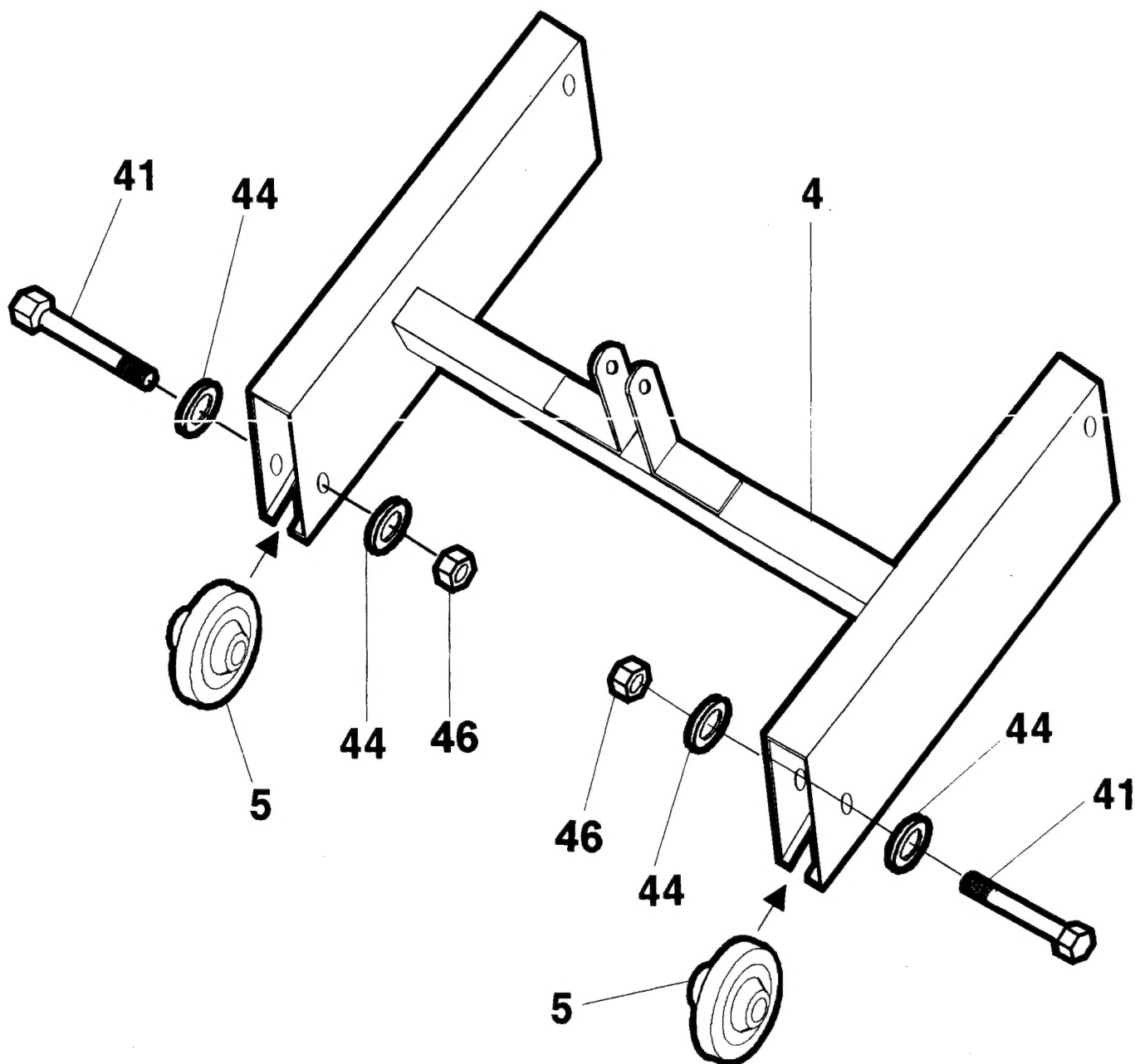


**STEP 3 ATTACHING WHEELS TO FRONT FRAME**

PART NAME	QTY
5 3" BASE WHEEL	2
41 3/8" x 2 1/4" HEX HEAD BOLT	2
44 3/8" FLAT WASHER	4
45 3/8" NYLON LOCK NUT	2

☐ Assemble 3" BASE WHEELS (5) into the FRONT FRAME (4) legs by assembling a 3/8" FLAT WASHER (44) onto a 3/8" X 2 1/4" HEX HEAD BOLT (41) and bolting through the outside end of the Front Frame leg, through the 3" Base Wheel, and then through the other side of the Front Frame leg.

☐ Assemble a 3/8" FLAT WASHER (44) onto the bolt and secure with a 3/8" NYLON LOCK NUT (46). Tighten securely but make sure wheels turn freely.

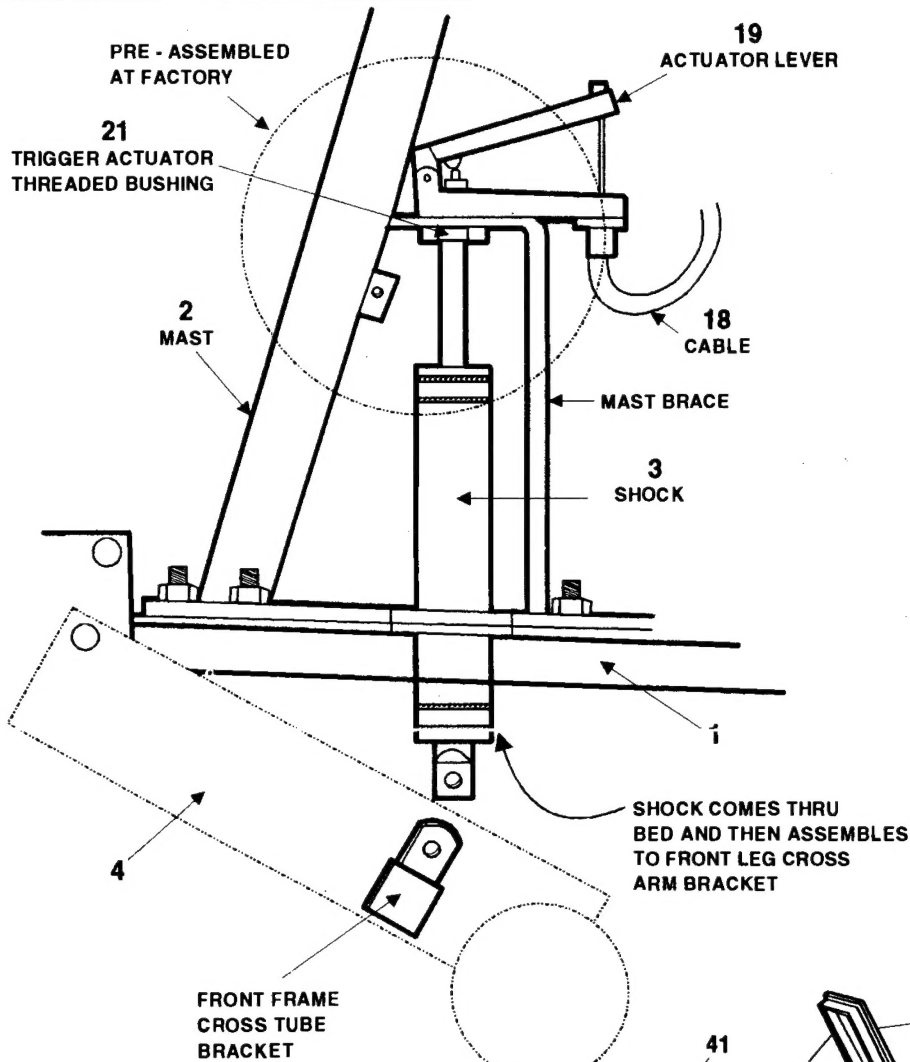




## STEP 4 ATTACHING FRONT FRAME

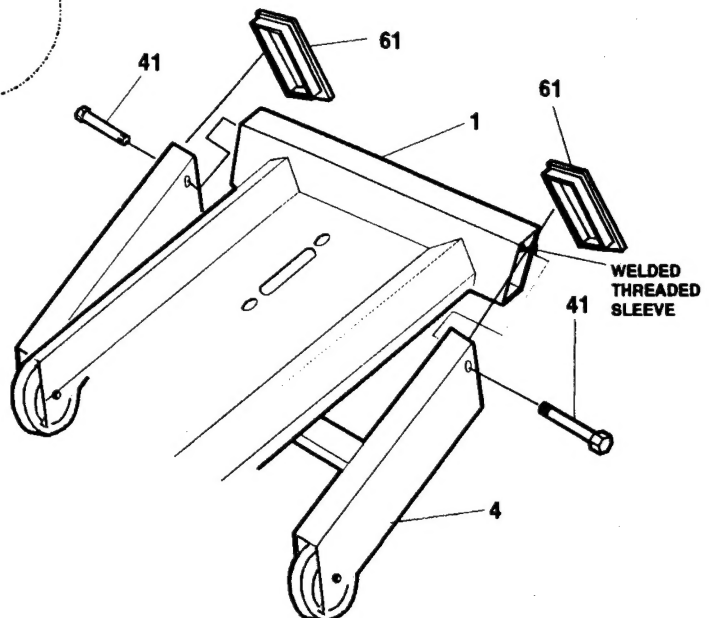
PART NAME	QTY
31 5/16" x 3/4" HEX HEAD BOLT	1
36 5/16" NYLON LOCK NUT	1
41 3/8" X 2 1/4" HEX HEAD BOLT	2
61 1 1/2" X 3" PLASTIC INSERT CAP	2

☐ **Position the FRONT FRAME (4) so that the bottom of the AUTO INCLINE CYLINDER (3) is fitted between the welded brackets on top of the cross tube of the Front Frame. Bolt the Cylinder into place with a 5/16" X 3/4" HEX HEAD BOLT (31) and a 5/16" NYLON LOCK NUT (36).**



☐ Attach the **FRONT FRAME (4)** to the front of the base **TRACK (1)** by aligning the bolt hole location in the Front Frame with the threaded sleeve welded in the top corner of the Track bed. Using a **3/8" X 2 1/4" HEX HEAD BOLT (41)**, bolt through the Front Frame and then into the welded sleeve in the Track bed. Bolt up tight but allow the **FRAME (4)** to pivot.

☐ Cap the ends of the FRONT FRAME (4) with 1 1/2" X 3" PLASTIC INSERT CAPS (61).



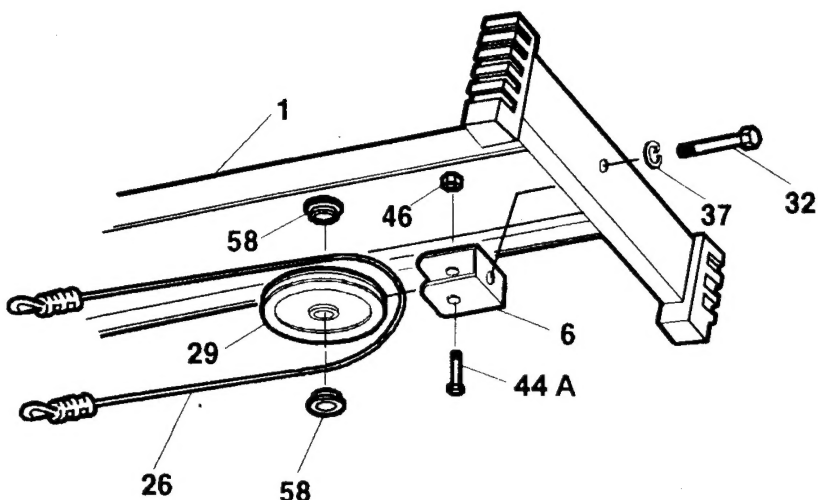
**STEP 5 REAR PULLEY & BRACKET ASSEMBLY**

PART NAME	QTY
32 5/16" X 2 1/2" HEX HEAD BOLT	1
37 5/16" LOCK WASHER	1
44A 3/8" X 2" HEX HEAD BOLT	1
46 3/8" NYLON LOCK NUT	1
58 3/8" I.D. PULLEY BUSHING	2

- ☐ Fit 3/8" I.D. PULLEY BUSHINGS (58) into each side of a PULLEY (29).

- ☐ Assemble the 47" REAR TRACK CABLE (9) into the Pulley and insert this assembly into the PULLEY "U" BRACKET (6). Fasten this assembly using a 3/8" X 2" HEX HEAD BOLT (44) and bolting up through the bottom of the U-Bracket and then through the Pulley. Secure with a 3/8" NYLON LOCK NUT (46).

- ☐ Assemble the PULLEY "U" BRACKET (6) to the rear of the TRACK (1) bed by first assembling a 5/16" LOCK WASHER (37) onto a 5/16" X 2 1/2" HEX HEAD BOLT (32) and then bolting through the rear of the Track and into the side of the U-Bracket.

**STEP 6 "V" ROLLER & FOOT PLATE ASSEMBLY**

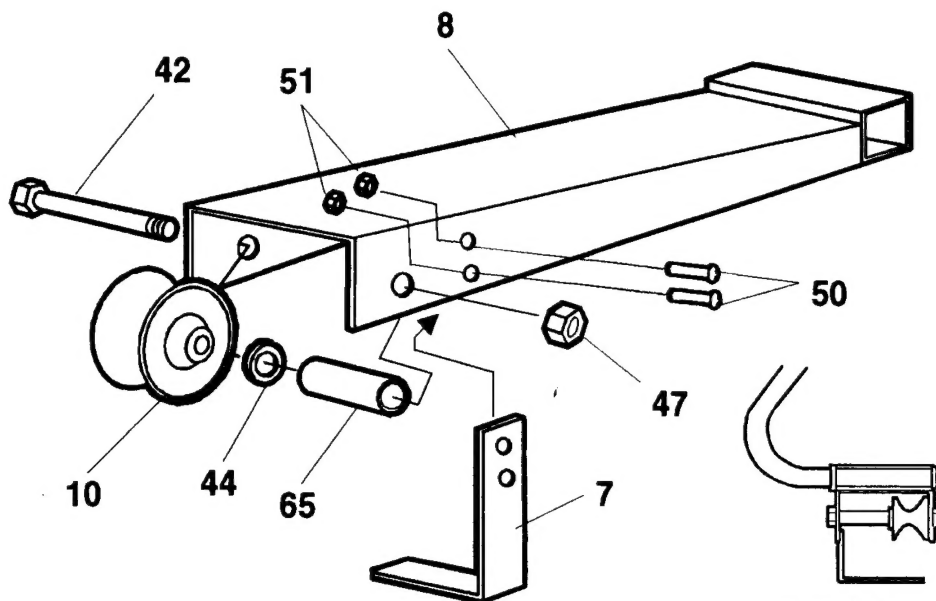
PART NAME	QTY
42 3/8" X 4 1/2" HEX HEAD BOLT	2
44 3/8" FLAT WASHER	2
47 3/8" JAM NUT	2
50 1/4" X 3/4" ROUND HEAD MACHINE SCREW	4
51 1/4" NYLON LOCK NUT	4
65 2" LONG PLASTIC SPACER	2

- ☐ Assemble the "L" BRACKETS (7) to the inside of the FOOT PLATES (8) and (9) with the inside of the Bracket facing the underside of the Foot Plate. Using 1/4" X 3/4" MACHINE SCREWS (50), bolt through the outside of the Foot Plate and then through the L-Bracket. Secure with 1/4" NYLON LOCK NUTS (51).

» **NOTE:** When assembling "V" ROLLERS (10) into the FOOT PLATES (8) and (9), the Rollers are assembled to the side away from the "L" Bracket on the bottom of the Foot Plate. (SEE DETAIL A)

- ☐ Using a 3/8" X 4 1/2" HEX HEAD BOLT (42) and starting on the side of the Foot Plate away from the "L" Bracket; bolt through the Foot Plate. Next, assemble onto the bolt and within the sides of the Foot Plate, the "V" ROLLER (10), a 3/8" FLAT WASHER (44) and a 2" LONG PLASTIC SPACER (65). Next bolt on through the other side of the Foot Plate and fasten with a 3/8" JAM NUT (47).

- ☐ **DO NOT OVER TIGHTEN** this assembly as the "V" Roller must turn freely. However, tight enough so the Washer does not chatter during use.



DETAIL A

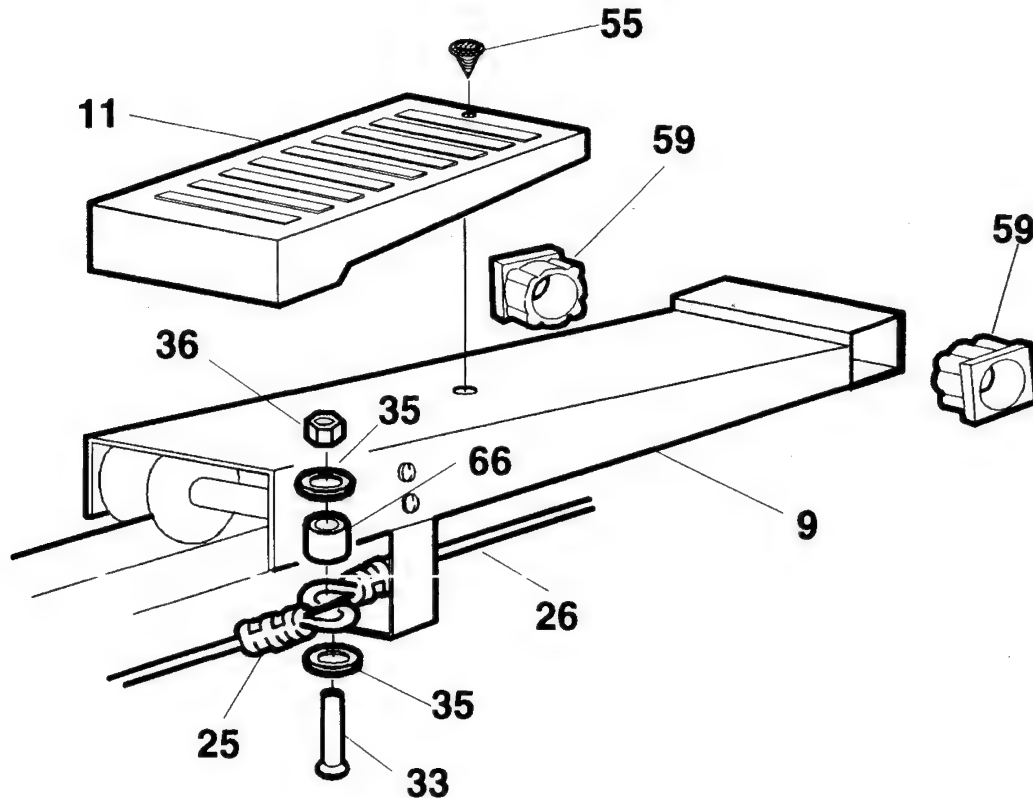
**STEP 7 FOOT PLATE & CABLE ASSEMBLY**

PART NAME	QTY
33 5/16" X 1" ROUND HEAD MACHINE SCREW	2
35 5/16" FLAT WASHER	4
36 5/16" NYLON LOCK NUT	2
55 #8 SELF TAPPING SCREW	2
59 SQUARE END BUSHING	4
66 5/16" X 1/4" LONG METAL SPACER	2

☐ Assemble the molded FOOT PLATE COVERS (11) atop each Foot Plate using a #8 SELF TAPPING SCREW (55).

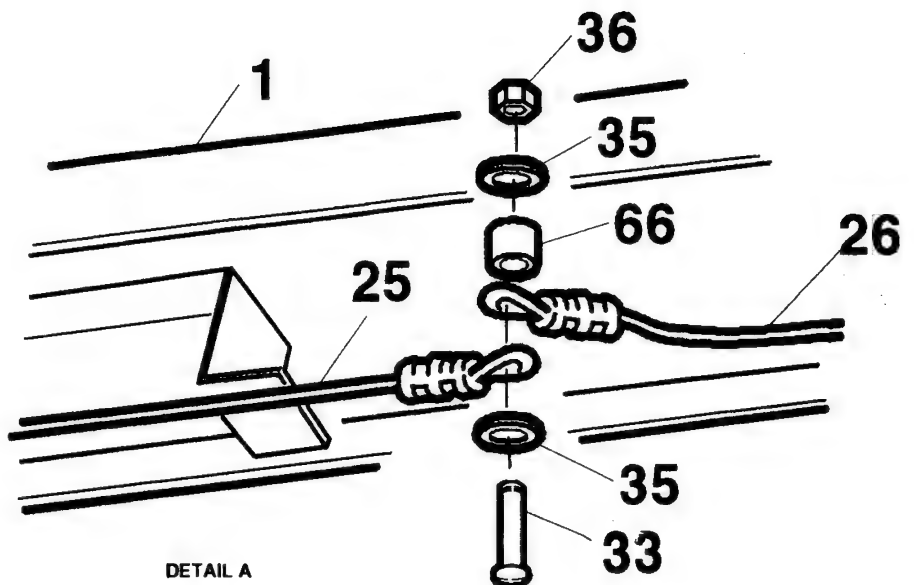
» **NOTE:** The Foot Plates have been stickered with LEFT and RIGHT labels to help you correctly identify these parts.

☐ Press SQUARE END BUSHINGS (59) into the square tube on the front of each FOOT PLATE (8) and (9).



☐ Select the LEFT FOOT PLATE (9) and begin assembling it to the FRONT TRACK CABLE (25) and the REAR TRACK CABLE (26) on the left side of the TRACK (1). First place a 5/16" FLAT WASHER (35) onto a 5/16" X 1" ROUND HEAD MACHINE SCREW (33) and bolt up through the bottom of the "L" BRACKET (7) on the Foot Plate. Assemble onto the Bolt the loop ends of the Front Cable and then the Rear Cable. Next, assemble a 5/16" X 1/4" METAL SPACER (66) onto the bolt and then another 5/16" FLAT WASHER (35). Secure with a 5/16" NYLON LOCK NUT (36). (SEE DETAIL A)

☐ Repeat the same assembly for the RIGHT FOOT PLATE (8) and the CABLES (25) and (26).



**STEP 8 HANDLE BAR & FOOT PLATE ASSEMBLY**

PART NAME	QTY
69 1 1/4" ROUND PLASTIC END PLUG	2

» **NOTE:** The Handle Bars have also been stickered with **LEFT** and **RIGHT** labels to help you correctly identify these parts.

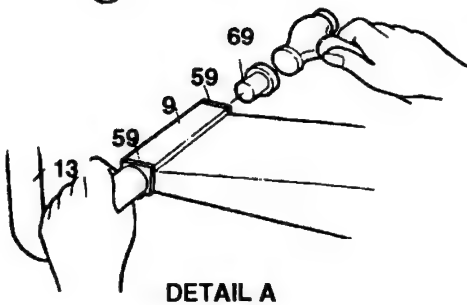
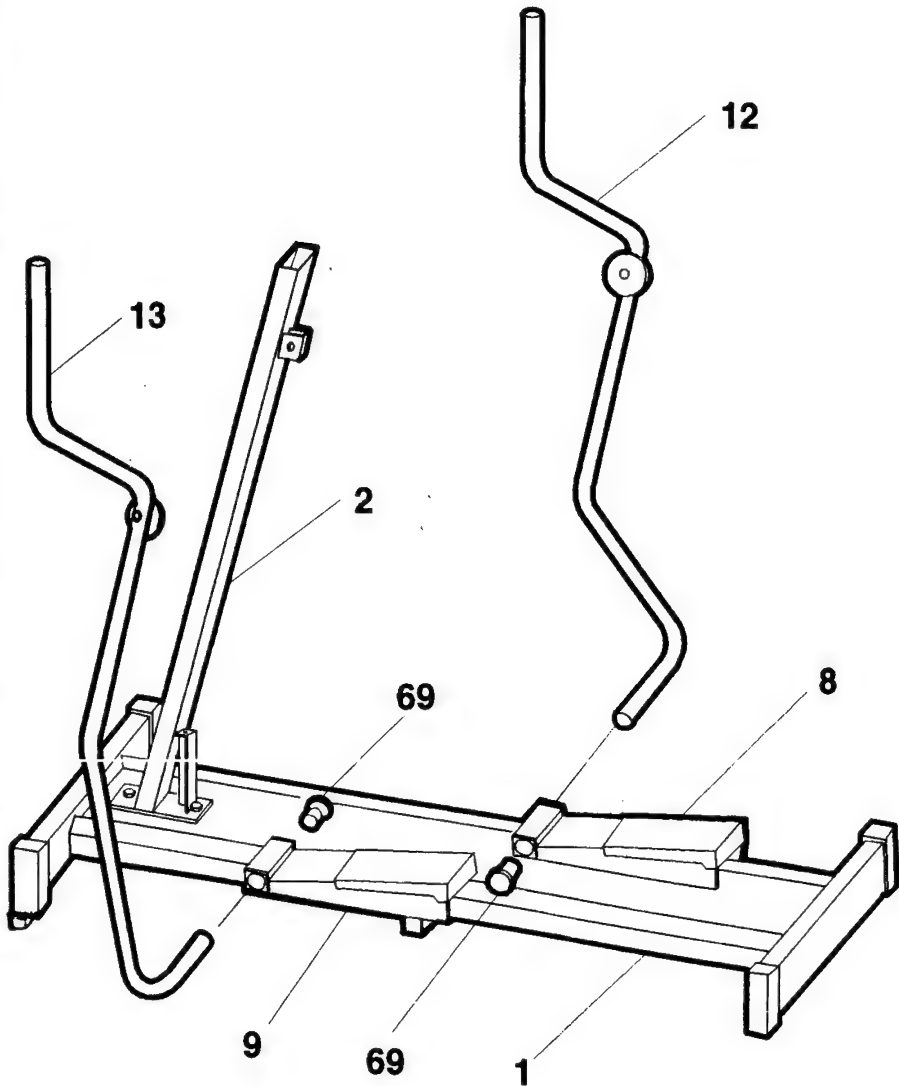
- ☐ Select the **LEFT HANDLE BAR (13)** and the **LEFT FOOT PLATE (9)**. With the "L" Bracket of the Foot Plate oriented toward the bend of the Handle Bar (**SEE DETAIL A**), press the Foot Plate onto the Handle Bar.

» **NOTE:** This is a tight fit assembly and will take a bit of pressure to press the Handle Bar tube through the Bushings. Lightly lubricating the insides of the Bushings will help this assembly.

- ☐ Press the Handle Bar tube completely through the Foot Plate Bushings and seat against the pre-assembled stop screw. Now **DOUBLE CHECK** to insure you have the Left Handle Bar with the Left Foot Plate and the "L" Bracket of the Foot Plate on the same side as the bend in the Handle Bar.

- ☐ Gently tap a 1 1/4" ROUND PLASTIC END PLUG (69) into the end of the Handle Bar.

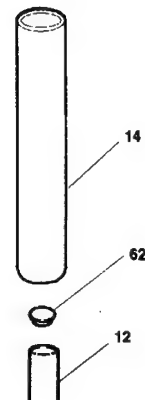
- ☐ Repeat the same assembly steps for the **RIGHT HANDLE BAR (12)** and **RIGHT FOOT PLATE (8)**.

**STEP 9 GRIP ASSEMBLY**

PART NAME	QTY
62 1 1/4" ROUND PLASTIC INSERT CAP	2

- ☐ To aid in assembling the **FOAM GRIPS (14)** to the **HANDLE BARS (12)** and **(13)** wipe a small amount of soapy water along the top surface of the Handle Bars. Slide the Foam Grips onto the Handle Bars until they are flush with the top of the Handle Bar.

- ☐ Cap the ends of the Handle Bars with 1 1/4" ROUND PLASTIC CAPS (62).

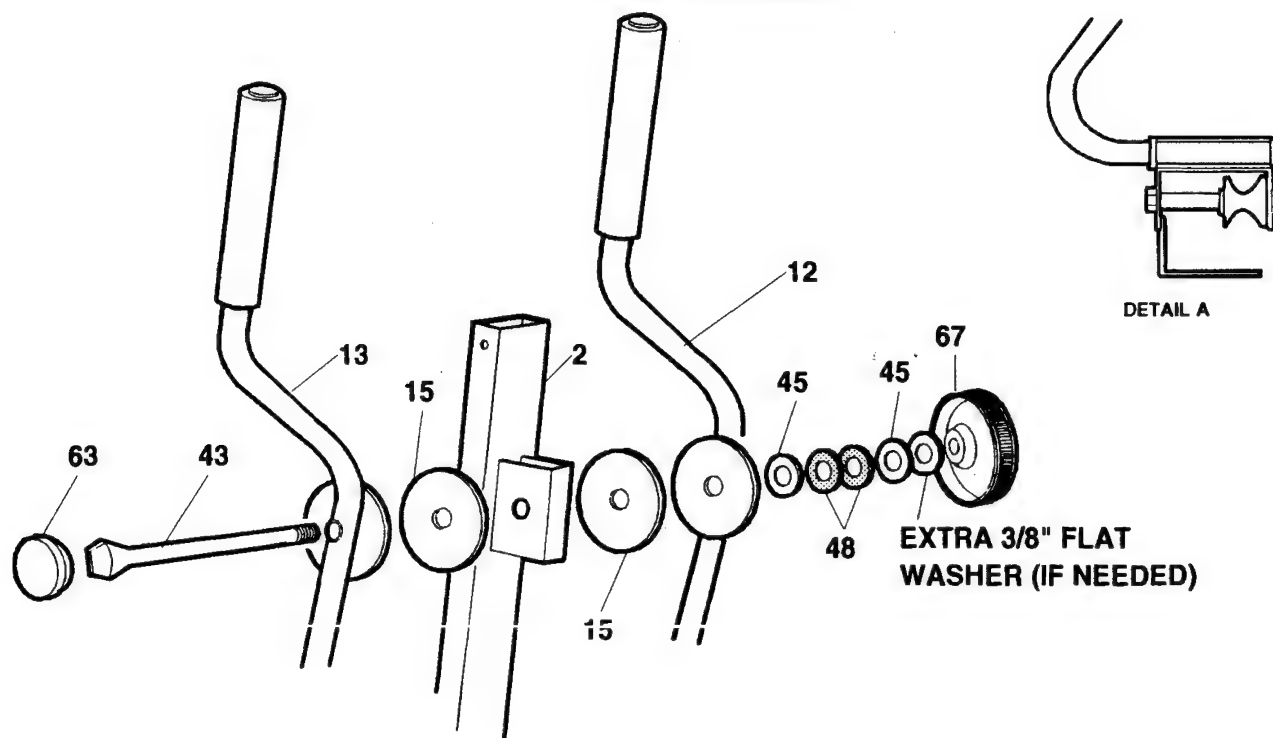


**STEP 10 HANDLE BAR & MAST POST ASSEMBLY**

PART NAME	QTY
15 COMPOSITE FRICTION PAD	2
43 3/8" X 8" TAPERED HEAD BOLT	1
45 3/8" METAL FLAT WASHER	3
48 3/8" PLASTIC WASHER	2
63 DOME END CAP	1
67 ADJUSTMENT KNOB	1

» **NOTE:** As mentioned earlier, there are definite Left & Right Handle Bar and Foot Plate assemblies. Left would be when you are standing ON the skier facing the Mast Post.

- ☐ Starting with the **LEFT HANDLE BAR (13)**, insert the **3/8" X 8" TAPERED HEAD BOLT (43)** through the welded bushing at the bend of the Handle Bar. This may be a tight fit and require tapping it through with a mallet. Once fully inserted firmly, strike it to seat the taper into the Bushing.



DETAIL A

- ☐ When the Bolt is through the Handle Bar, slide one **COMPOSITE FRICTION PAD (15)** onto the Bolt and then insert the Bolt through the bushings in the welded channel bracket atop the **MAST POST (2)**.
- ☐ Once through the channel bracket, assemble another **COMPOSITE FRICTION PAD (15)** onto the Bolt and then bolt through the **RIGHT HANDLE BAR ASSEMBLY (12)**.
- » **NOTE:** As you make these Handle Bar assemblies, you will have to gradually position the Foot Plates so that the "V" Rollers are sitting atop the Track, with the "L" Bracket to the outside and under the Track Bed. (SEE DETAIL A)
- ☐ With the Foot Plates properly positioned and the Taper Bolt fully inserted through the Handle Bars, insert a **3/8" FLAT WASHER (45)** onto the Bolt. Lightly oil the two **3/8" BLACK PLASTIC WASHERS (48)** and insert them over the Bolt; and then another **3/8" FLAT WASHER (45)**.
- » **NOTE:** When the complete assembly of the Handle Bars, Friction Pads, and Washers is done there should be approximately 1/4" of Bolt thread coming through. There is an additional 3/8" Washer supplied if it is needed to take up any extra Bolt length.
- ☐ Being careful to properly align the threads, screw the large **ADJUSTMENT KNOB (67)** onto the **TAPERED BOLT (43)**.
- ☐ Align the slot in the **DOME END COVER CAP (63)** with the end of the **TAPER BOLT (43)** and drive it securely onto the Bolt.
- ☐ Cap the top of the **MAST POST (2)** with a **1 1/2" X 3" PLASTIC INSERT CAP (61)**.

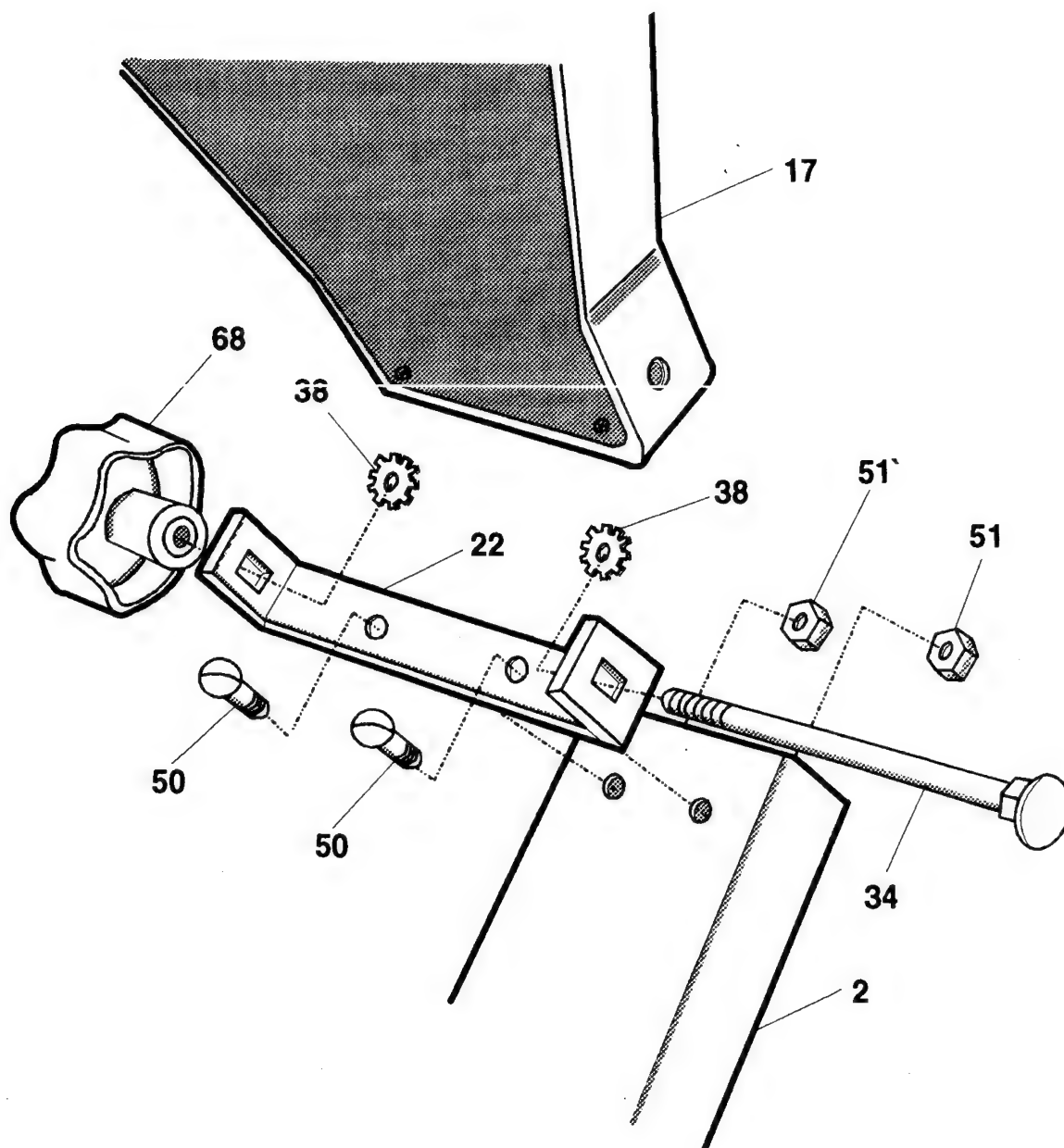
**STEP 11 ELECTRONICS BRACKET & MONITOR ASSEMBLY**

PART NAME	QTY
34 5/16" X 5 1/4" CARRIAGE BOLT	1
38 5/16" STAR WASHER	2
50 1/4" X 3/4" ROUND HEAD SCREW	2
51 1/4" NYLON LOCK NUT	2
68 5/16" SMALL INTERNAL THREAD KNOB	1

☐ Using two 1/4" X 3/4" ROUND HEAD MACHINE SCREWS (50), fasten the **ELECTRONICS MOUNTING BRACKET (22)** to the top and front of the **MAST POST (2)** by bolting through the Bracket and into the Mast Post. Inside the Mast Post fasten on 1/4" NYLON LOCK NUTS (51).

☐ With a **STAR WASHER (38)** positioned on each side of the **ELECTRONICS HOUSING (17)** bolt the Housing into the **MONITOR BRACKET (22)** using a 5/16" X 5 1/4" CARRIAGE BOLT (34) to bolt through the Bracket and then the Housing. Secure with a 5/16" SMALL INTERNAL THREAD KNOB (68).

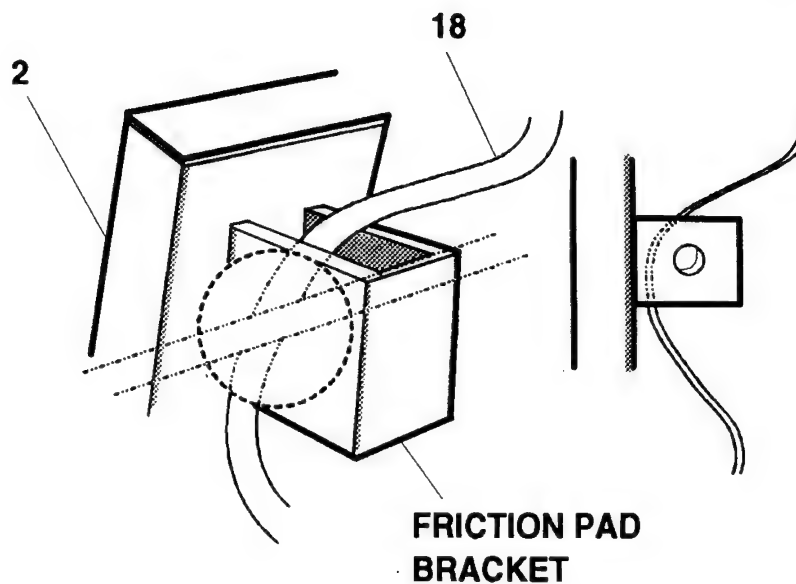
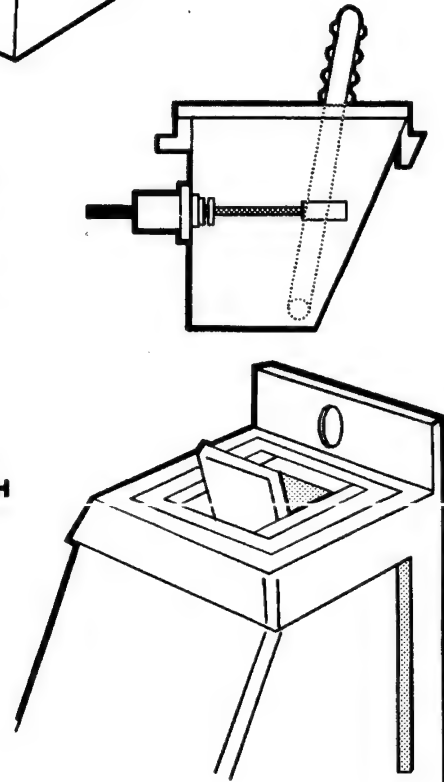
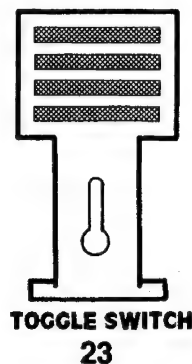
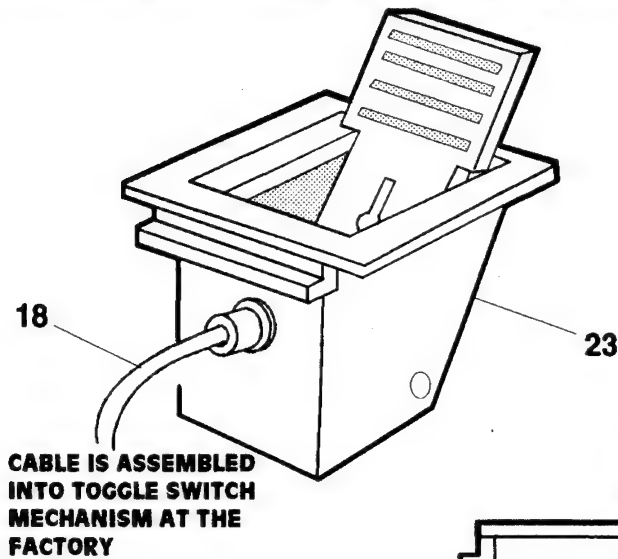
» **NOTE:** After the unit is assembled, stand on the Skier and tilt the Electronics to desired viewing angle. Tighten Knob tightly to hold Electronics at desired angle.



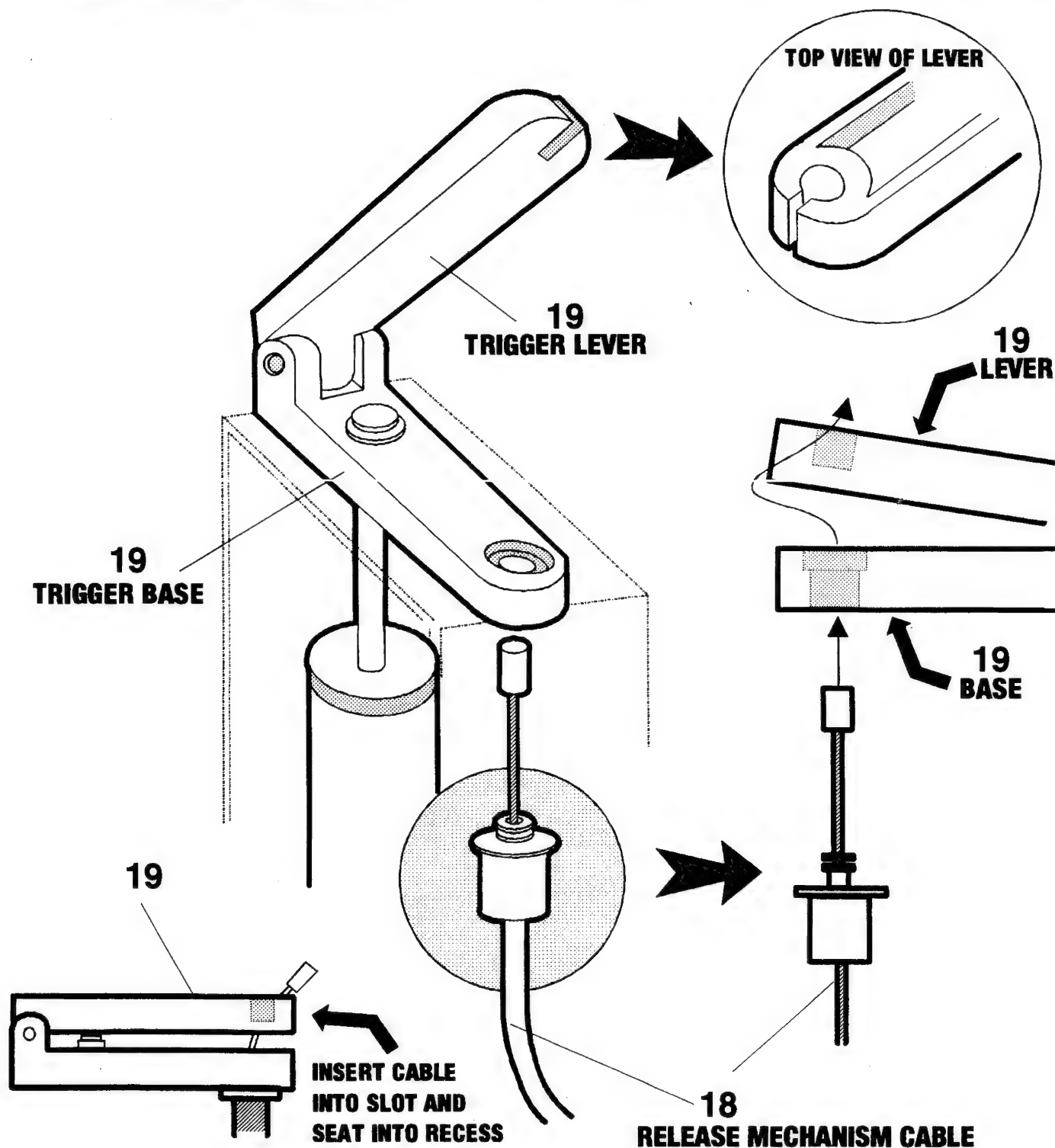
**STEP 12 RELEASE CABLE TO AUTO INCLINE CYLINDER ATTACHMENT**

THE RELEASE TRIGGER AND CABLE HAVE BEEN PRE-ASSEMBLED INTO THE TOP OF THE STEPPER SHROUD AT THE FACTORY. BEFORE BEGINNING THIS ASSEMBLY, CHECK TO SEE THAT THE END OF THE STEEL CABLE IS PROPERLY SEATED INTO THE SLOT RETAINER OF THE TRIGGER.

- ☐ Pass the RELEASE MECHANISM CABLE (18) down through the Friction Pad Bracket welded on the Mast Post. Pass the Cable between the Bolt and the Mast Post.



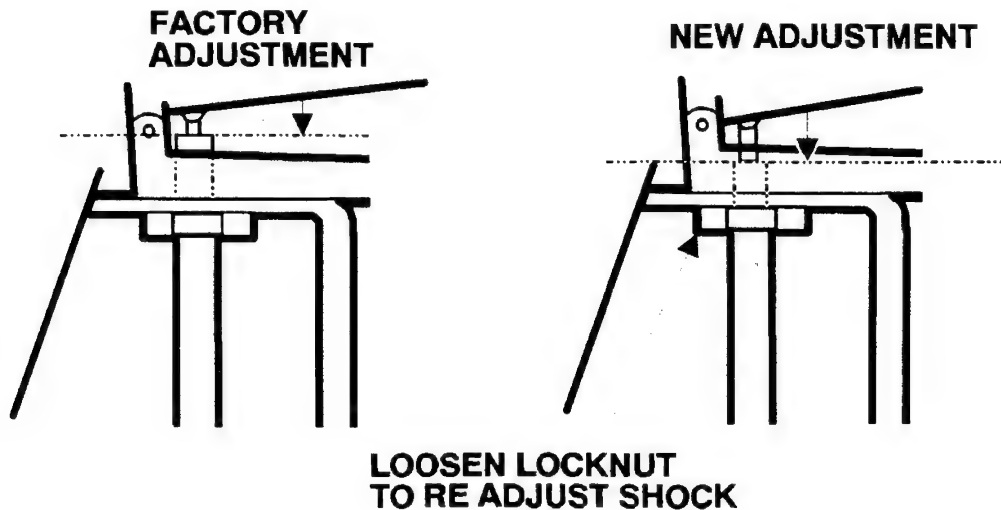
- ☐ Press the free end of the **AUTO INCLINE RELEASE CABLE (18)** up into the access hole of the **INCLINE CYLINDER TRIGGER RELEASE MECHANISM (19)**.
- ☐ Push the Trigger of the **MECHANISM (19)** down and pass the Steel Cable into the slot in the end of the Lever Release Mechanism and position the Cable end fitting into the recessed hole.
- ☐ Release the Trigger and check that the Cable ends are still properly seated in place.
- ☐ Push forward on the Release Trigger at the top of the Shroud to insure the Cable is actuating the **AUTO INCLINE CYLINDER TRIGGER RELEASE MECHANISM (19)**.





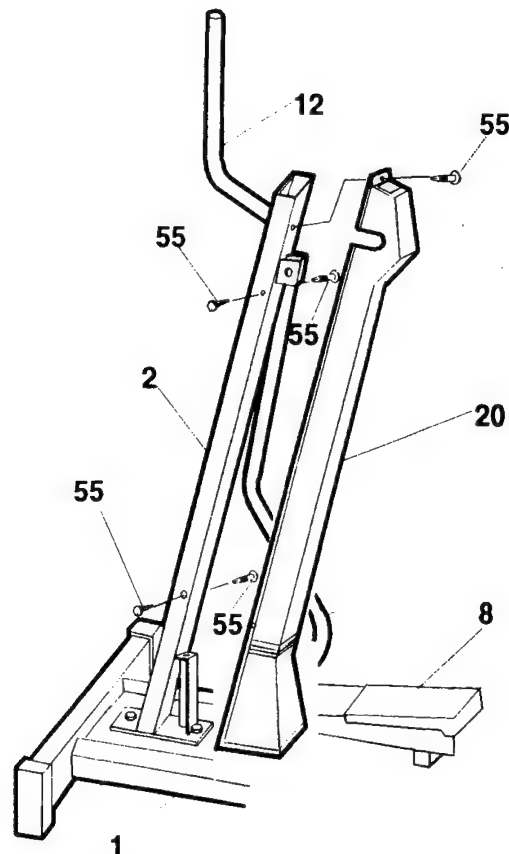
**STEP 13 ADJUSTMENT CHECK**

- ☐ The **AUTO INCLINE CYLINDER (3)** has been pre-assembled in the factory as shown, however it is advisable to check that this adjustment is still correct after fully assembling your skier **PRIOR** to fitting the **PLASTIC SHROUD (20)** but after connecting the **RELEASE MECHANISM CABLE (18)** to the **INCLINE CYLINDER TRIGGER RELEASE MECHANISM (19)** on top of the Cylinder.
- ☐ Stand on the Foot Plates and insuring your body weight is forward against the Mast, check to see that the Cylinder holds the incline position and will not release until the plastic Lever on top of the Shroud is activated. In the unlikely event, it does allow you to go down WITHOUT using the Release Lever, a further adjustment to the Cylinder mounting is required. Simply adjust the **TRIGGER ACTUATOR THREADED BUSHING (21)** so that the end of the Cylinder is slightly below the top plastic Trigger Lever Mechanism (SEE ILLUSTRATION) and re-tighten the Bushing.

**STEP 14 SHROUD ASSEMBLY**

PART NAME	QTY
55 #8 SELF TAPPING SCREW	5
61 1 1/2" X 3" PLASTIC INSERT CAP	1

- ☐ Fit the **PLASTIC SHROUD (20)** around the attachment brackets on the **MAST POST (2)** and attach two places on each side and one location at the top with **#8 SELF TAPPING SCREWS (55)**.



## USING THE ADJUST

TO ADJUST THE INCLINE OF THE FRONT OF THE SKIER YOU SHOULD STAND OFF TO THE SIDE OF THE SKIER AND ACTIVATE THE TRIGGER RELEASE MECHANISM. ALLOW THE SHOCK TO BRING THE SKIER TO ITS FULL HEIGHT.

TO LOWER, STAND ON TOP OF THE SKIER AND LEAN UP AGAINST THE MAST AS YOU ACTIVATE THE MECHANISM.

## STEP 15 FINAL ASSEMBLIES

Check to make certain "V" Rollers are properly seated on the "V" Track.

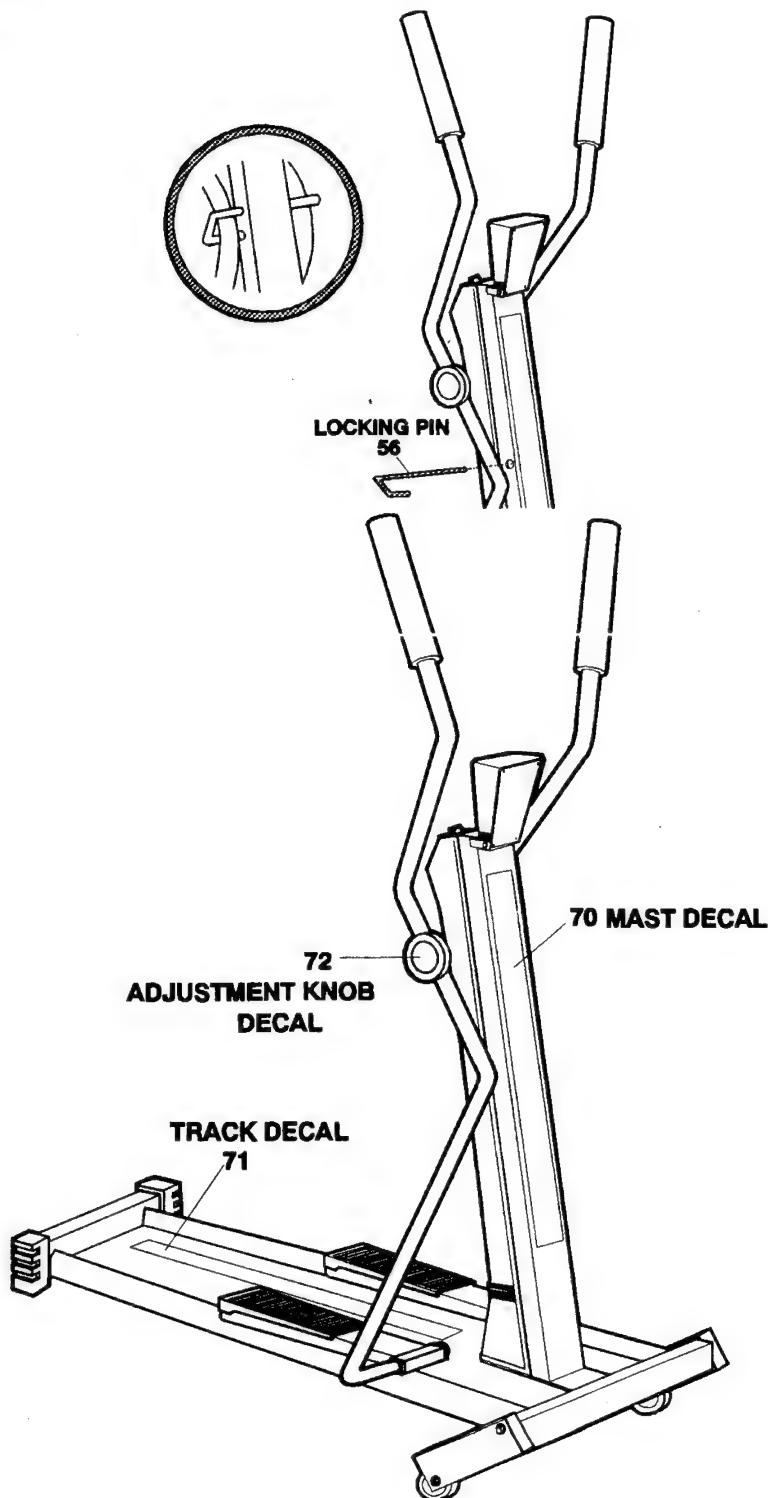
Using a wrench, slightly tighten the Bolt on the end of the Track. This Bolt keeps the Cables taut. Do not over tighten however.

### LOCKING PIN

- ☐ For added security when getting on and off your skier, insert the **LOCKING PIN (56)** through the Mast and around the Handle to keep the Foot Plates from moving. Once you are positioned on the Foot Plates, remove the Locking Pin.

### DECALS

- ☐ Apply **MAST POST DECAL (70)** to the **MAST POST (2)** in a straight line starting at the top of the Post.
- ☐ Apply the **ADJUSTMENT KNOB RESISTANCE DECAL (72)** to the recessed center of the **ADJUSTMENT KNOB (67)**.
- ☐ Apply the **TRACK BED DECAL (71)** to the **TRACK (1)** between the Foot Plates in a straight line starting at the rear of the unit.



## **MAINTENANCE TIPS**

Keeping your XC5 SKI SIMULATOR in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and fitted properly.
2. Lubricate all moving parts frequently to keep handles, pulleys, and rollers moving smoothly and to eliminate squeaks and excessive noise.
3. Check tension of step linking cable to keep out excessive slack. (Tightness should be kept similar to a fan belt, about 1/2" of deflection from a straight line from pulley to pulley.)

**Note:** This cable has nothing to do with the resistance of the exercise so DO NOT try to increase resistance by tightening the cable.

4. If you have a model with electronics, and the electronics are not functioning properly, test the monitor using new batteries. Most problems are the result of weak batteries. Remove batteries when storing for extended periods of time.
5. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the electronics monitor.

## **EXERCISING ON THE XC5 SKI SIMULATOR**

Your XC5 SKI SIMULATOR is a dual action aerobic exerciser, which means both your arms and legs are involved in the exercise. This dual action exercise gives you the greatest amount of cardiovascular exercise which accelerates your heart rate very quickly. Be sure to do your conditioning exercises prior to using your XC5 SKI SIMULATOR to get your body ready for this vigorous exercise. (See Conditioning Guide.)

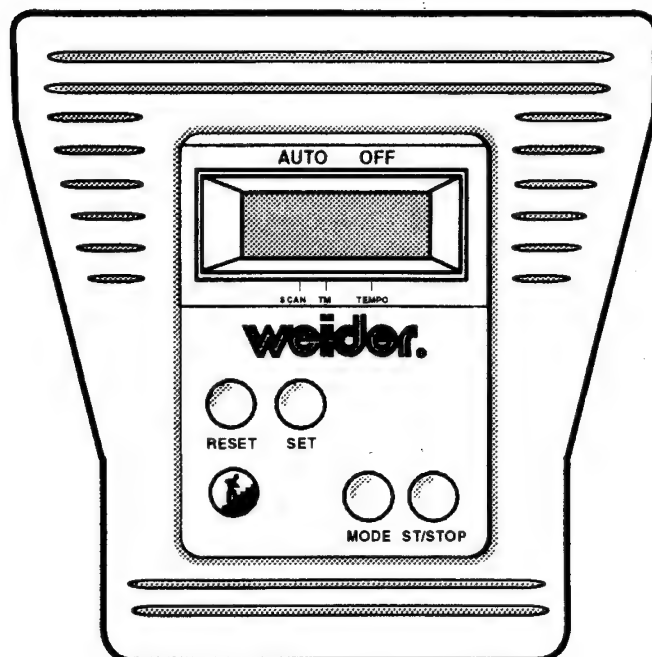
To begin exercising on your XC5 SKI SIMULATOR, first grasp the handle bars, then step up on the skier steps. Unlike most cross country skiers where the arms and legs are separate components, your XC5 SKI SIMULATOR has a unique integrated handle and step mechanism that synchronizes your arms and legs. This synchronization makes the exercise smoother and allows you to transfer work between the arms and legs.

When exercising, stand center of the skier foot pads and grasp the handles anywhere along the upper portion of the handle bar. The further to the top of the handle you grasp the longer the stretch of the arms during exercise. For less vigorous arm movement while maintaining long leg strides grasp lower down the handle bar. (Make certain that you do not grasp so low as to get your hands between the handle bar and mast.)

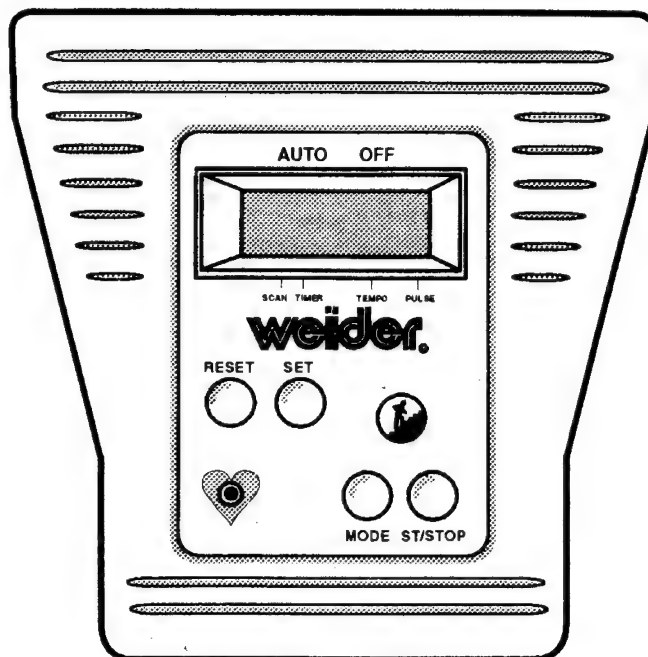
For more emphasis on the muscles of the upper leg and hamstrings, try keeping your heels down as you stride. For more emphasis on the calf muscles keep your heels elevated so you are mostly on your toes.

To vary your resistance simply turn the resistance handle on the side of the mast clockwise to increase resistance or counter clockwise for less.

# ELECTRONIC MONITOR OPERATING GUIDE



**EXERCISE COMPUTER/MONITOR  
ST621-1K  
ONLY FOR  
MODELS XC5, 29062(LIFESTLYER)**



**EXERCISE COMPUTER/MONITOR  
ST721-2K  
ONLY FOR  
MODEL XC5E**

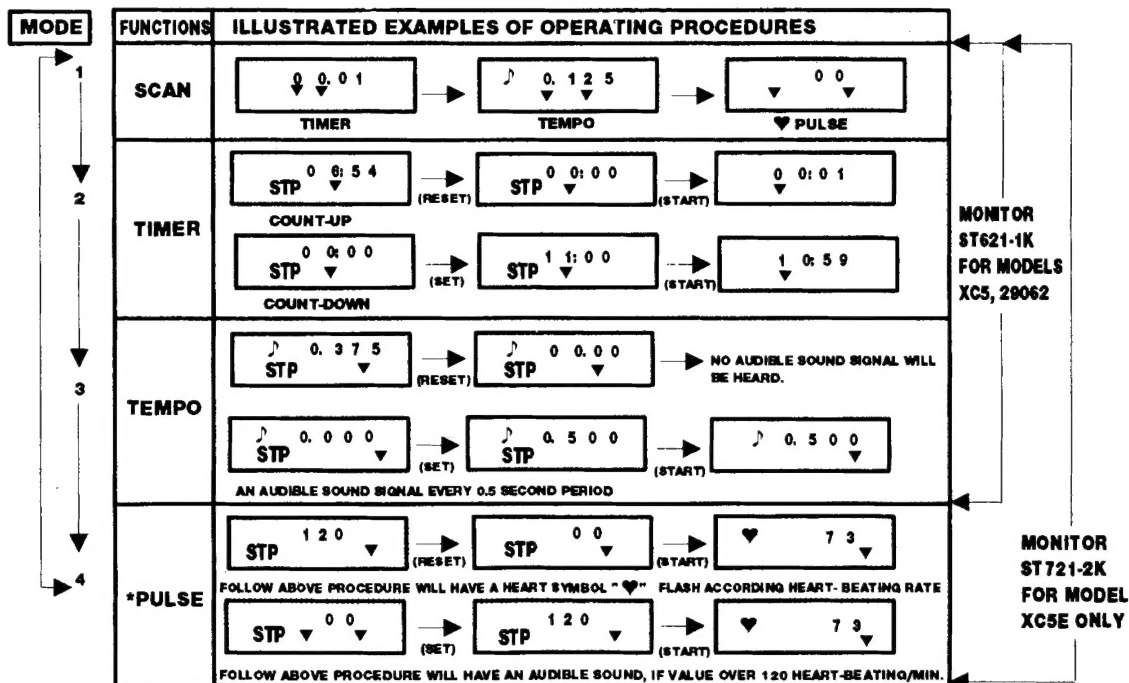
## FUNCTIONAL BUTTONS

- MODE** - PRESS DOWN TO SELECT FUNCTIONS
- SET** - TO SET UP THE VALUES OF TIMER, TEMPO PULSE
- RESET** - RESET THE VALUES OF TIMER, TEMPO PLULSE TO ZERO
- ST/STOP** - TO START OR STOP FUNCTIONS OF TIMER, TEMPO, OR PULSE

## FUNCTIONS

1. **SCAN** - AUTOMATICALLY SCANS FUNCTIONS OF TIMER, TEMPO, SEQUENCE FOR YOU TO UPDATE YOUR PROGRESS WITHOUT PUSHING **(MODE)** BUTTON EACH TIME.
2. **TIMER** - COUNT-UP: ELECTRONICALLY COUNTS UP TO 99:59 FROM ZERO IN ONE SECOND INCREASEMENT.  
COUNT-DOWN: TO SET THE DESIRED VALUE IS IN ONE MINUTE UP BY FUNCTIONAL BUTTON.  
INTERVAL BEEPS FOR 8 SECONDS (FOUR BEEP BEEP BEEP BEEP SHORT SOUNDS)  
WHEN THE DESIRED VALUE COUNT BACK TO ZERO.  
WHEN (TIMER) VALUE RETURNS ZERO, PUSH (ST/STOP) BUTTON AGAIN TO COUNT UP ONCE MORE.
3. **COUNTER** - NOT AVAILABLE ON THIS MODEL.
4. **DISTANCE** - NOT AVAILABLE ON THIS MODEL.
5. **TEMPO** - PACE YOURSELF WITH AN AUDIBLE SIGNAL WHEN THE DESIRED INTERVAL IS REGISTERED IN THE COMPUTER BY FUNCTIONAL BUTTON.  
TEMPO NUMBER FROM 0.125 SECOND TO 9.675 SECONDS CAN BE CHOSEN AND SET.
6. **CALORIES** - NOT AVAILABLE ON THIS MODEL.
7. **\*PULSE** - ACCUMULATES THE CURRENT HEART BEATING PER MINUTE BY USING EAR CLIPPER.  
(IF HAVE) TO SECURE YOUR SAFETY, YOU MAY INPUT HIGH LIMITS OF YOUR HEART RATE FROM 40-199 BY 1 INCREASING BY FUNCTIONAL BUTTONS EACH TIME, IF THE HEART BEATING OVER THE VALUE YOU INPUT, WILL HAVE A LONG BEEP SOUNDS TO WARN YOU TO SLOW DOWN YOUR EXERCISE, IN THIS CASE, WHEN YOU PUSH STOP BUTTON, THE PRESET VALUE WILL BE RECALLED.  
PLEASE RUB YOUR EARLOBE 15 TIMES BEFORE CLIPPING THE SENSOR IN ORDER TO GET THE BEST RESULT OF PULSE.  
WHEN USE SCAN TO READ THE PULSE, SOMETIMES IT WILL SHOW "00". PLEASE, WAIT NEXT TURN TO READ THE VALUES. WITHOUT ANY SIGNAL FOR 256 SECONDS, IT WILL AUTO SHUT OFF AND ALL VALUE WILL BE RESERVED.

**\*FOR MODEL XC5E ONLY**

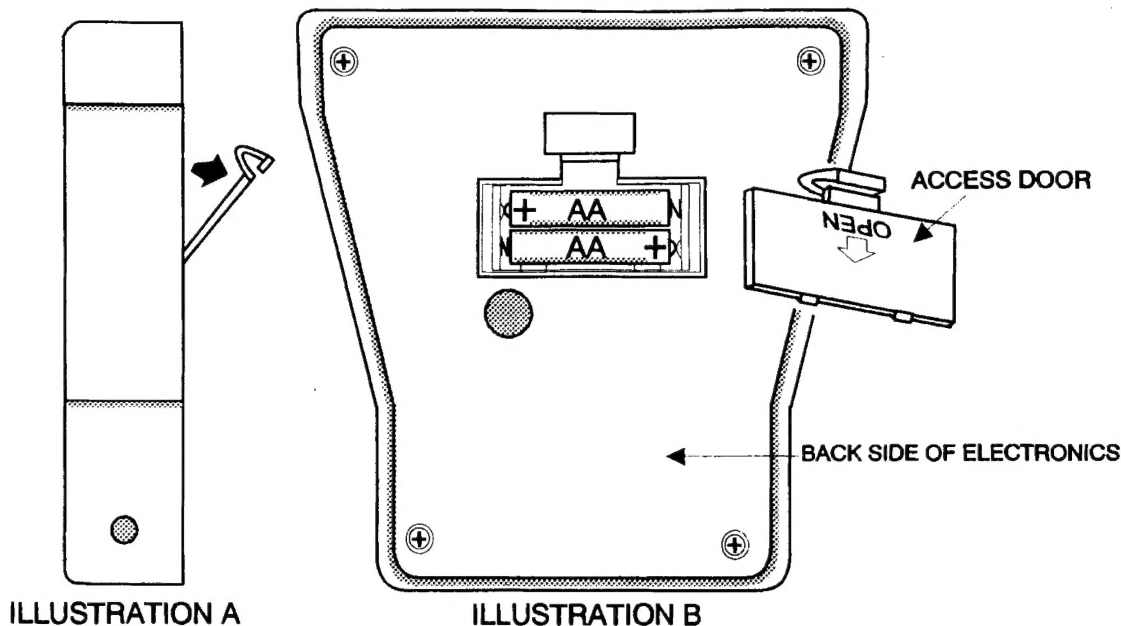


#### NOTE:

1. PUSH (SET) BUTTON A LITTLE LONGER, THE DESIRED VALUE CAN BE GOT IN A FASTER SPEED.
2. ONE STEP SHOULD BE ACCOMPANIED BY ONE SOUND SIGNAL, EXCEPT WHEN "TEMPO" FUNCTION IS ACTIVATED.
3. THE SYMBOL STP APPEARS ON LCD DENOTES ALL FUNCTIONS ARE CEASED AND NEW VALUES CAN BE REGISTERED INTO COMPUTER, NO MATTER IN WHAT FUNCTION DISPLAY, PUSH (ST/STOP) BUTTON CAN START OR STOP ALL FUNCTIONS.
4. THAT THE SYMBOL ♪ SHOWS UP DENOTES THE FUNCTIONS HAS BEEN SET.
5. \*ONLY PULSE WIRE SHOULD BE PLUGGED IN SOCKET, AND EARCLIP SHOULD BE CLIPPED ON YOUR EAR, OTHERWISE THE COMPUTER WILL NOT READ THE HEART-BEATING RATE.

## HOW TO REMOVE BATTERIES

1. TO REMOVE BATTERIES, OPEN THE ACCESS DOOR ON THE BACK SIDE OF THE COMPUTER BY PRESSING DOWN THE SMALL TAB AND PULLING OUTWARD (SEE ILLUSTRATION A).
2. REMOVE BATTERIES AND REPLACE WITH TWO "AA" ALKALINE BATTERIES AS SHOWN IN (ILLUSTRATION B).
3. REMOVING THE BATTERIES WILL ERASE ALL FUNCTIONAL DATA.



# CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

## EXERCISE INTENSITY

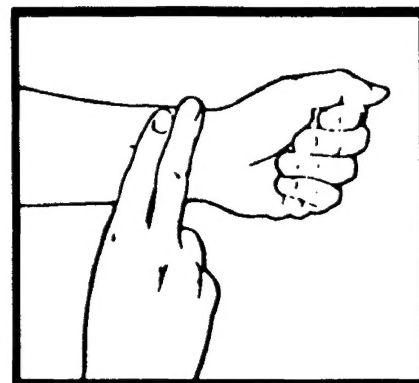
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



## WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

## **EXERCISE FREQUENCY**

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

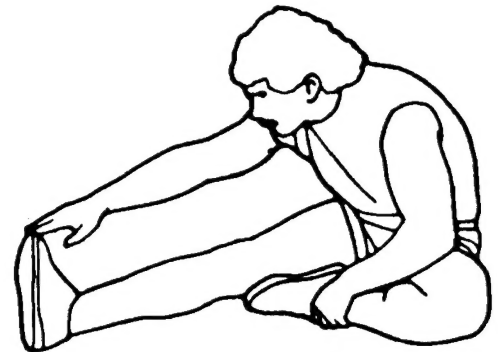
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## **SUGGESTED STRETCHES**

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

### **HAM STRING STRETCH**

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



**Stretches: Hamstrings, Lower Back and Groin**

### **INNER THIGH STRETCH**

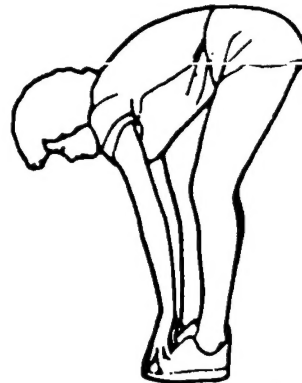
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.



**Stretches: Quadriceps, Hip Muscles**

### **TOE TOUCHES**

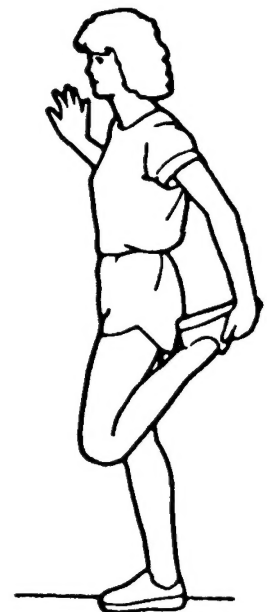
Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



**Stretches: Hamstrings, Back of Knees, Back**

### **QUADRICEPS STRETCH**

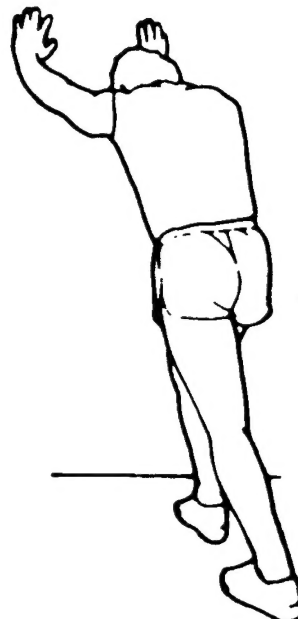
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



**Stretches: Quadriceps, Hip Muscles**

### **CALF/ACHILLES STRETCH**

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.



**Stretches: Calves, Achilles Tendons, and Ankles**



## **LIMITED WARRANTY**

Weider Sports Inc., a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of ONE YEAR from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of FIVE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

## **LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:**

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

## **CLAIM PROCEDURE**

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

## **PARTS SERVICE 1-800-225-0653**

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.